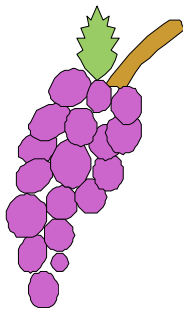


## NUTRITION HELP !

The Arizona Department of Health Services, Office of Nutrition Services, has a public health nutritionist on staff who serves as a nutrition consultant to all licensed child care programs in Arizona. Get information on:

- ✎ Menu planning and ideas
- ✎ Menu review and nutrient analysis
  - ✎ Nutrition education for children, families and staff
  - ✎ Tips on successful mealtime management
  - ✎ Food service management
  - ✎ Food Safety
  - ✎ Information on children's special eating behaviors
- ✎ How to maintain license compliancy in food and nutrition
- ✎ On-site visit for assistance
- ✎ Multi-cultural nutrition information
- ✎ Family style meal service
- ✎ Materials, handouts and other resources



Contact: Arizona Department of Health Services  
Office of Nutrition Services  
Early Childhood Nutrition Consultant  
150 North 18<sup>th</sup> Avenue Ste. 310  
Phoenix, AZ 85007-3244  
Phone: (602) 542-1886 FAX (602) 542-1890